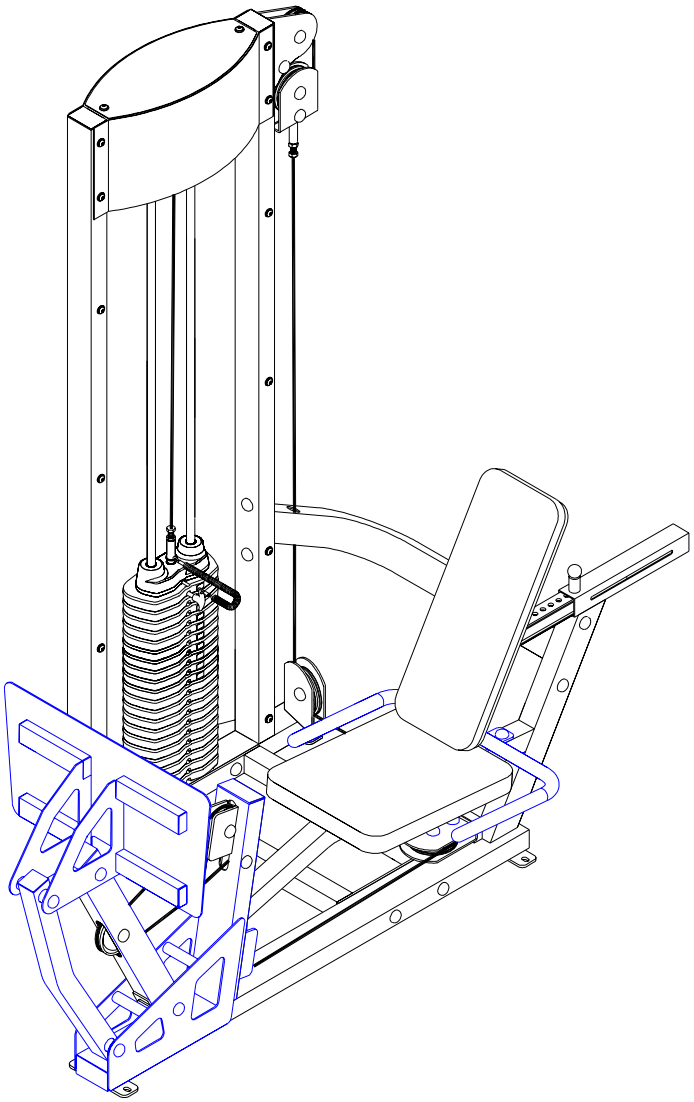
FIT SERIES
LEG PRESS/CALF



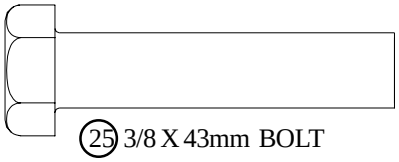
ASSEMBLY INSTRUCTIONS

PARTS LIST

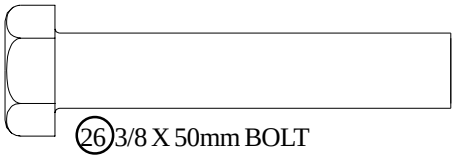
KEY	PART #	DESCRIPTION	QTY
1	ACU04-1641	TOWER	1
2	ACU04-1636	LEG PRESS FRAME	1
3	ACU04-1378	HANDLE	1
4	ACU04-1379	MAIN PIVOT ARM	1
5	ACU04-1380	SECONDARY PIVOT ARM	1
6	ACU04-1381	FOOT PLATE	1
7	ACU04-1638	BASE	1
8	ACU04-1637	UPPER SUPPORT	1
9	ACU04-1640	FLOATING PULLEY BRACKET	1
10	ACU04-1639	GUIDE ROD SUPPORT	1
11	ACU07-0161	SEAT PAD	1
12	ACU07-0159	BACK PAD	1
13	ACU13-0167	WEIGHT STACK CABLE	1
14	ACU13-0168	LEG PRESS CABLE	1
15	ACU05-0352	3/4 X 4" PIVOT SHAFT	4
16	ACU06-0025	4-1/2" PULLEY	8
17	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2
18	ACU01-2375	GUIDE ROD	2
19	ACU72925	WEIGHT PLATE	20
20	ACU10-0204ASY	HEAD PLATE	1
21	ACU11-0067	WEIGHT STACK PIN	1
22	ACU05-0212	13/16" SHAFT COLLAR	2
23	ACU08-0085	3/8 X 1/2" FLANGE SPACER	4
24	ACU08-0079	3/8 X 1-1/2 FLANGE SPACER	2
25	ACUDA1C03804316NU	3/8 X 43mm BOLT	7
26	ACUDA1C03805016NU	3/8 X 50mm BOLT	2
27	ACUDA1C03806716NU	3/8 X 67mm BOLT	10
28	ACUDA1C03807316NU	3/8 X 73mm BOLT	4
29	ACUDA1C03809016NU	3/8 X 90mm BOLT	2
30	ACUDA1C03811716NU	3/8 X 117mm BOLT	7
31	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
32	ACUDAEC03809016NB	3/8 X 90mm BUTTON HEAD BOLT	12
33	ACUDC1250100020B	3/8" BLACK FLAT WASHER	26
34	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	26
35	ACUDC1200105010U	3/8" SAE WASHER	52
36	ACU05-0310	3/8" RH WASHER	52
37	ACU06-0357	BLACK RH CAP	2
38	ACU06-0357	WHITE RH CAP	50
OR	ACU06-0357	PLATINUM RH CAP	50
39	ACU73086	WEIGHT STACK LABEL	1
40	ACU10-0229	TOP SHROUD	1
41	ACU10-0227	FRONT SHROUD	1
42	ACU10-0228	REAR SHROUD	1
43	ACUDB9E03813016B	3/8" ACORN NUT	12
44	ACUDC1250100020U	3/8" FLAT WASHER	4
45	ACU05-0387	5/8 X 3/8" SPACER	2
46	ACU04-1382	BACK PAD ADJUST	1
47	ACU05-0312	5/16 X 1/2" SHOULDER BOLT	1

Tools Required for Assembly

* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set

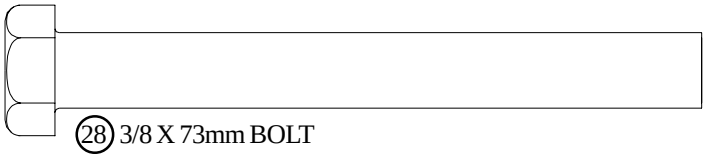


(25) 3/8 X 43mm BOLT

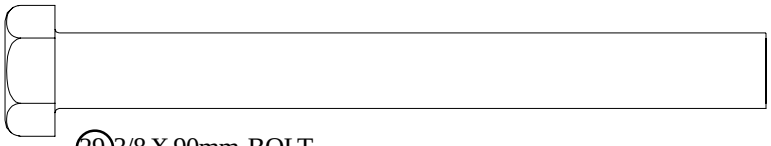


(26) 3/8 X 50mm BOLT

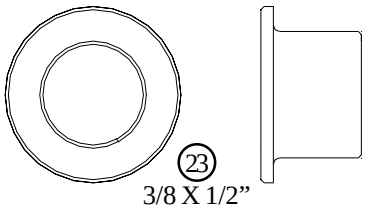
(27) 3/8 X 67mm BOLT



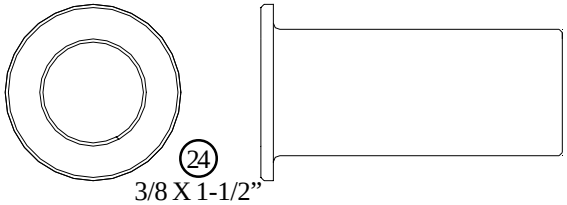
(28) 3/8 X 73mm BOLT



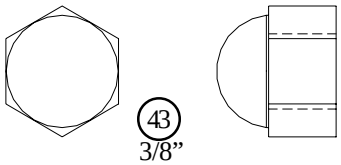
(29) 3/8 X 90mm BOLT



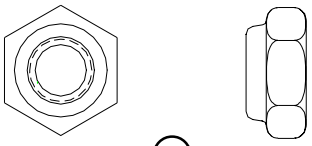
(23) 3/8 X 1/2" FLANGE SPACER



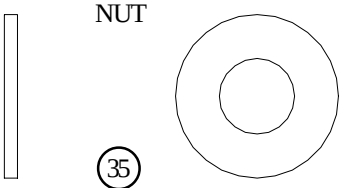
(24) 3/8 X 1-1/2" FLANGE SPACER



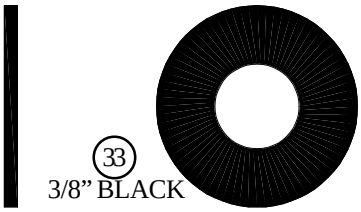
(43) 3/8" ACORN NUT



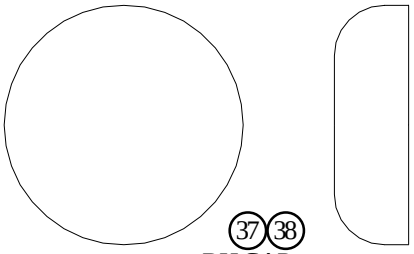
(34) 3/8" LOW HEIGHT LOCK NUT



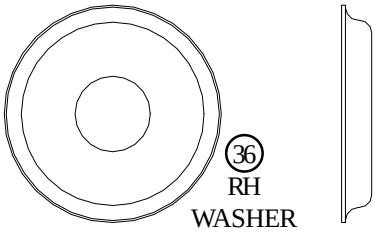
(35) 3/8" SAE WASHER



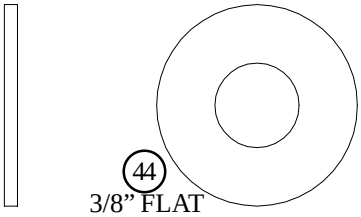
(33) 3/8" BLACK FLAT WASHER



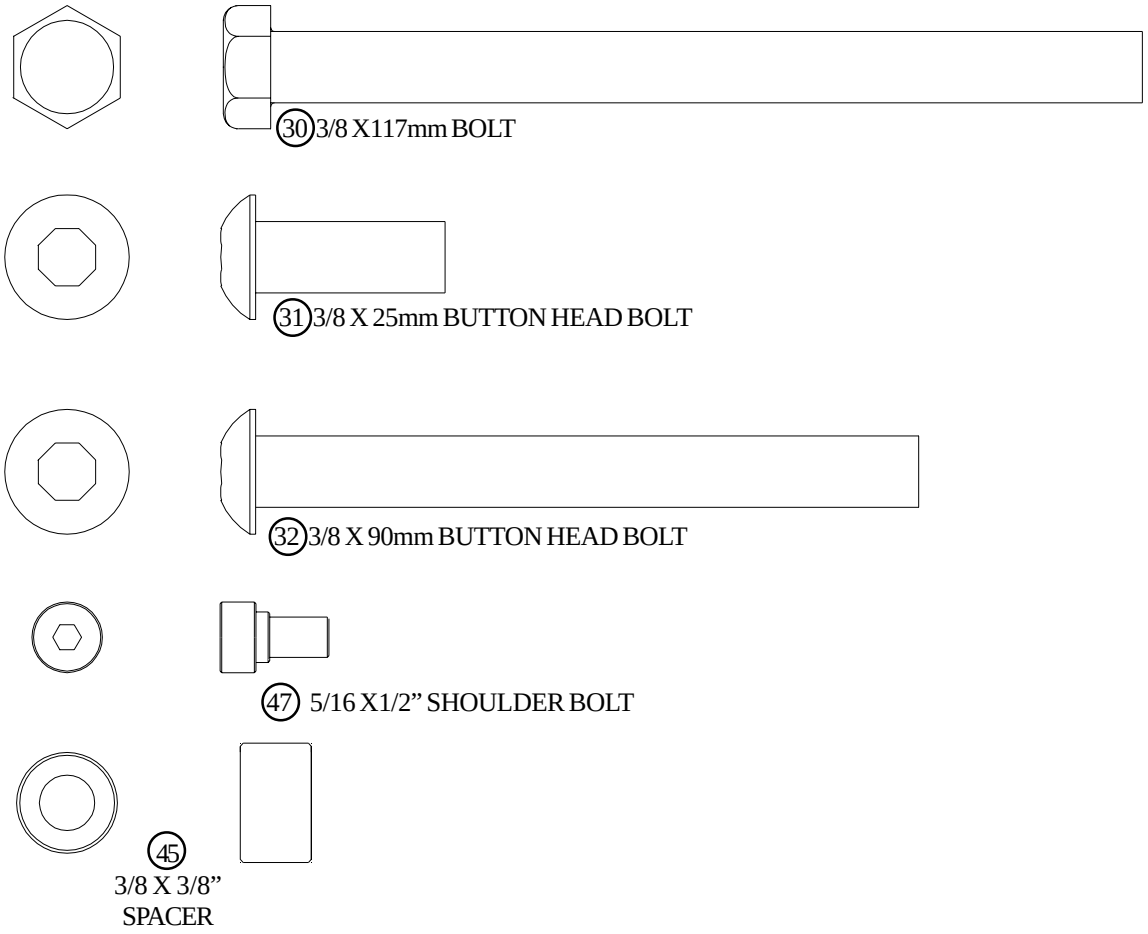
(37) (38) RH CAP (WHITE/PLATINUM/BLACK)



(36) RH WASHER

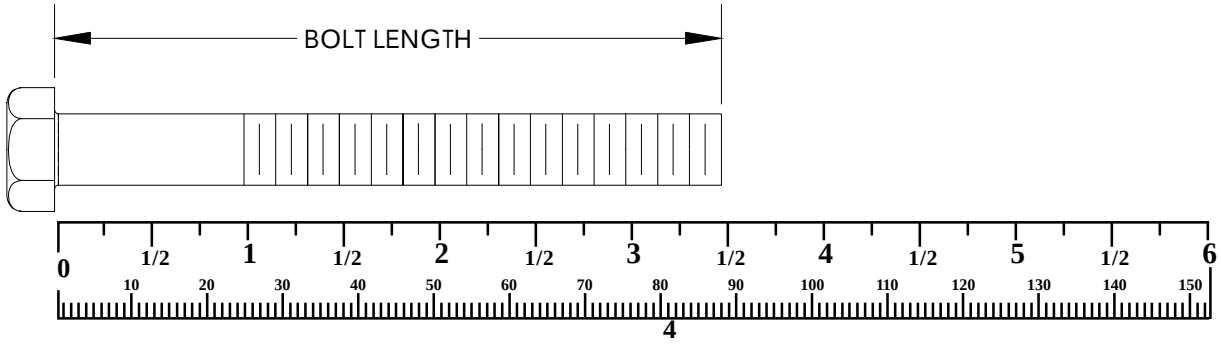


(44) 3/8" FLAT WASHER



Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



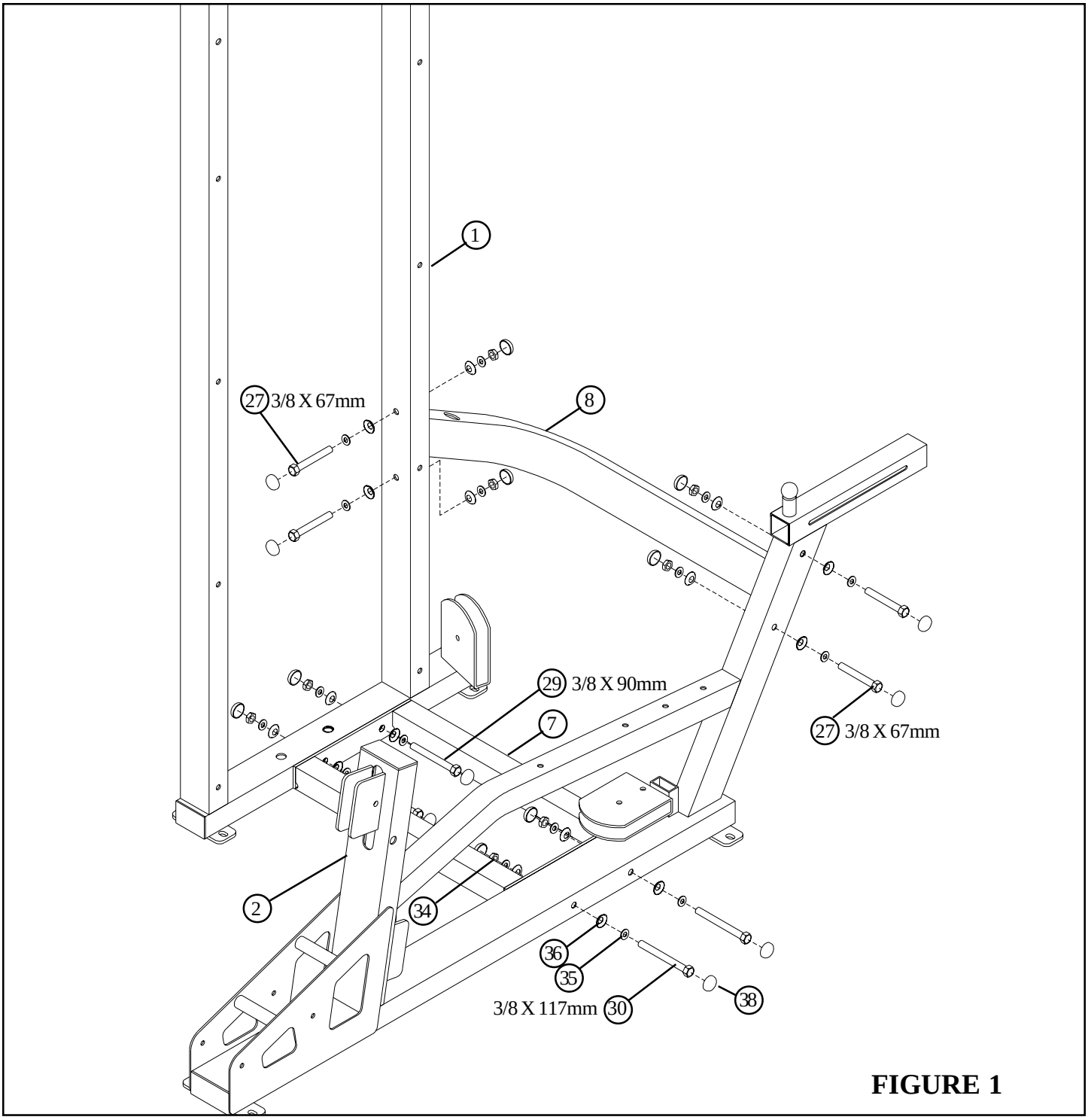


FIGURE 1

STEP 1:

- **LOOSELY** assemble the BASE (7) to the LEG PRESS FRAME (2) and TOWER (1) using eight RH CAPS (38), two 3/8 X 117mm BOLTS (30), two 3/8 X 90mm BOLTS (29), eight 3/8" SAE WASHERS (35), eight 3/8" RH WASHERS (36) and four 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 1.

- **LOOSELY** assemble the UPPER SUPPORT (8) to the LEG PRESS FRAME (2) and TOWER (1) using eight RH CAPS (38), four 3/8 X 67mm BOLTS (27), eight 3/8" SAE WASHERS (35), eight 3/8" RH WASHERS (36) and four 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 1.

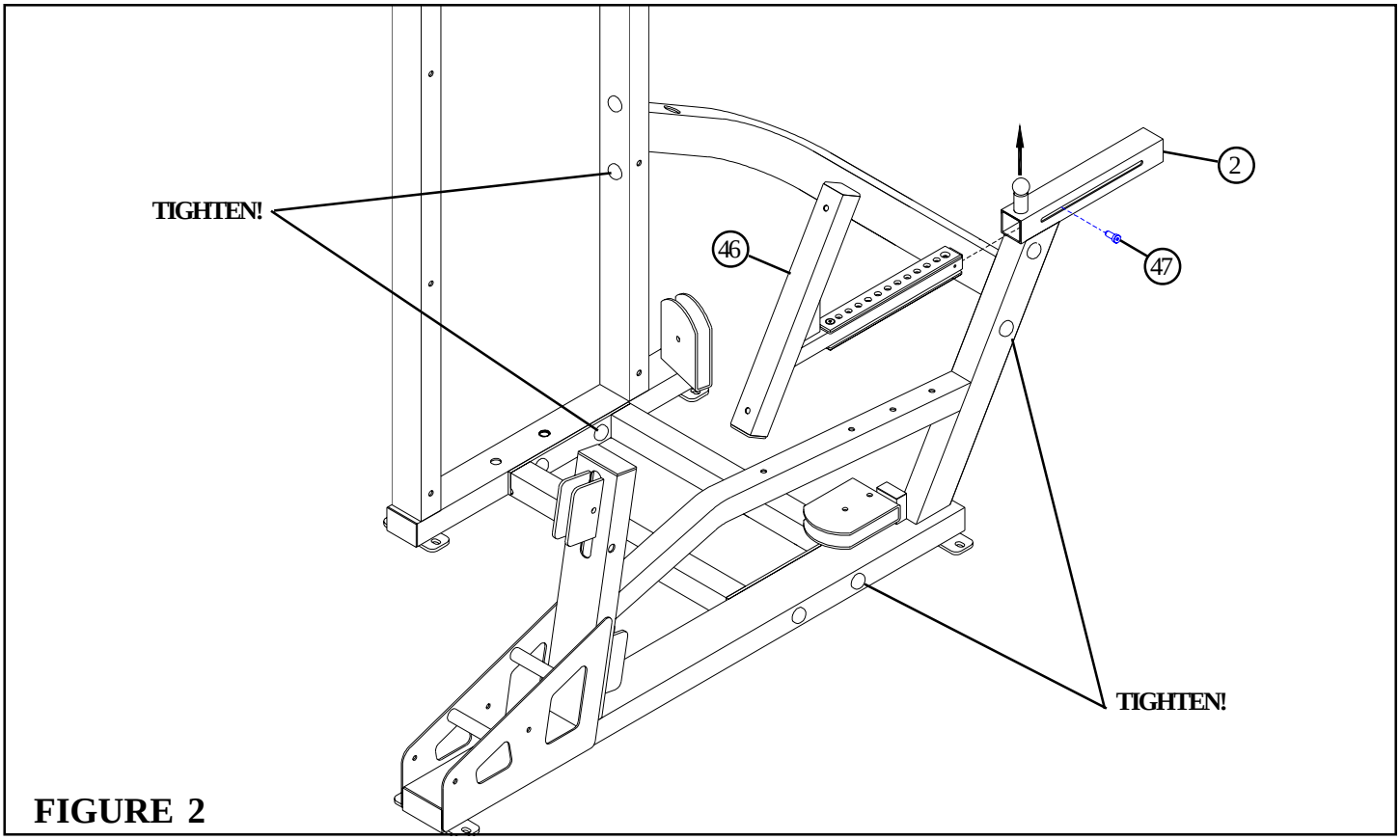


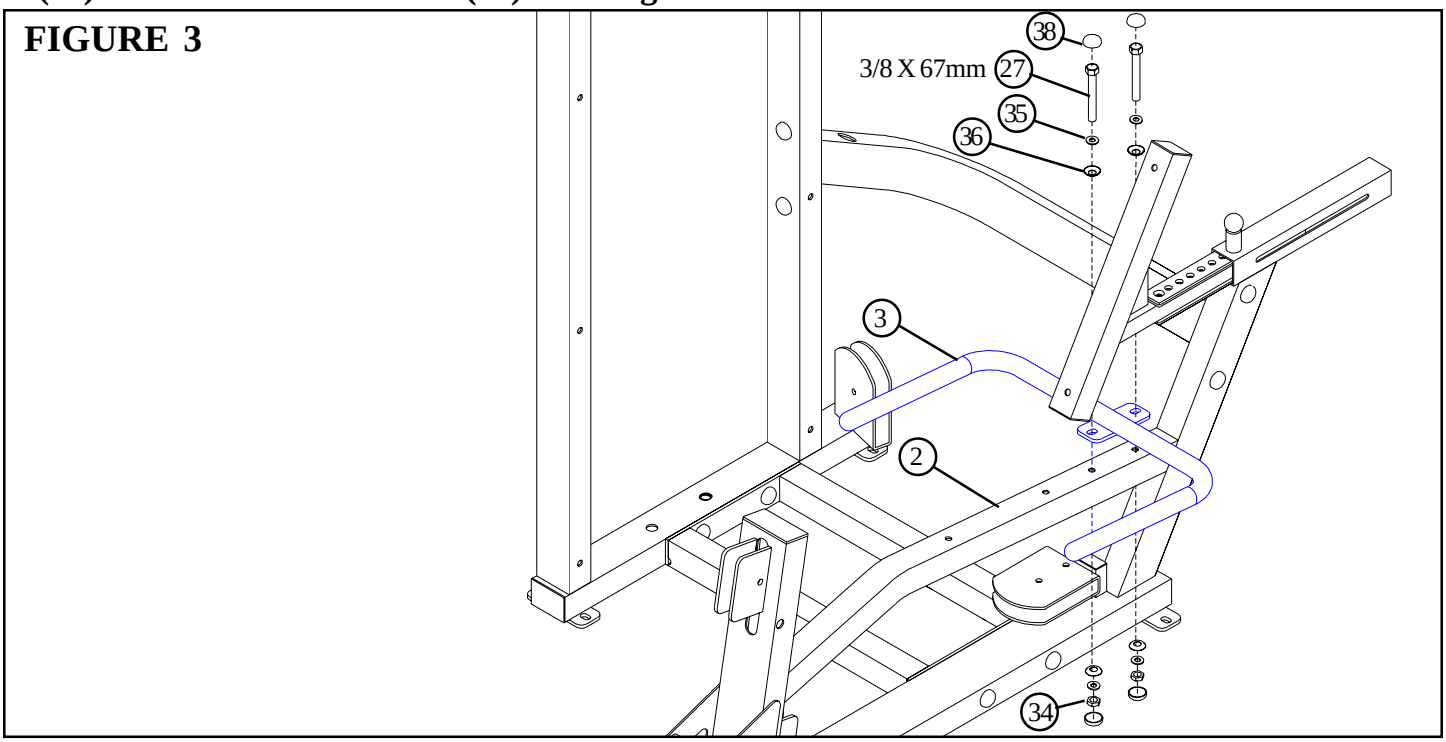
FIGURE 2

STEP 2:

• Pull up the SPRING PIN on the LEG PRESS FRAME (2) and insert the BACK PAD ADJUST (46). Assemble one 5/16 X 1/2" SHOULDER BOLT (47) to the BACK PAD ADJUST (46) as shown in FIGURE 2.

• **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (38) over the RH WASHERS (36) on all tightened connections.**

FIGURE 3



STEP 3:

• **SECURELY** assemble the HANDLE (3) to the LEG PRESS FRAME (2) using four RH CAPS (38), two 3/8 X 67mm BOLTS (27), four 3/8" SAE WASHERS (35), four 3/8" RH WASHERS (36) and two 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 3.

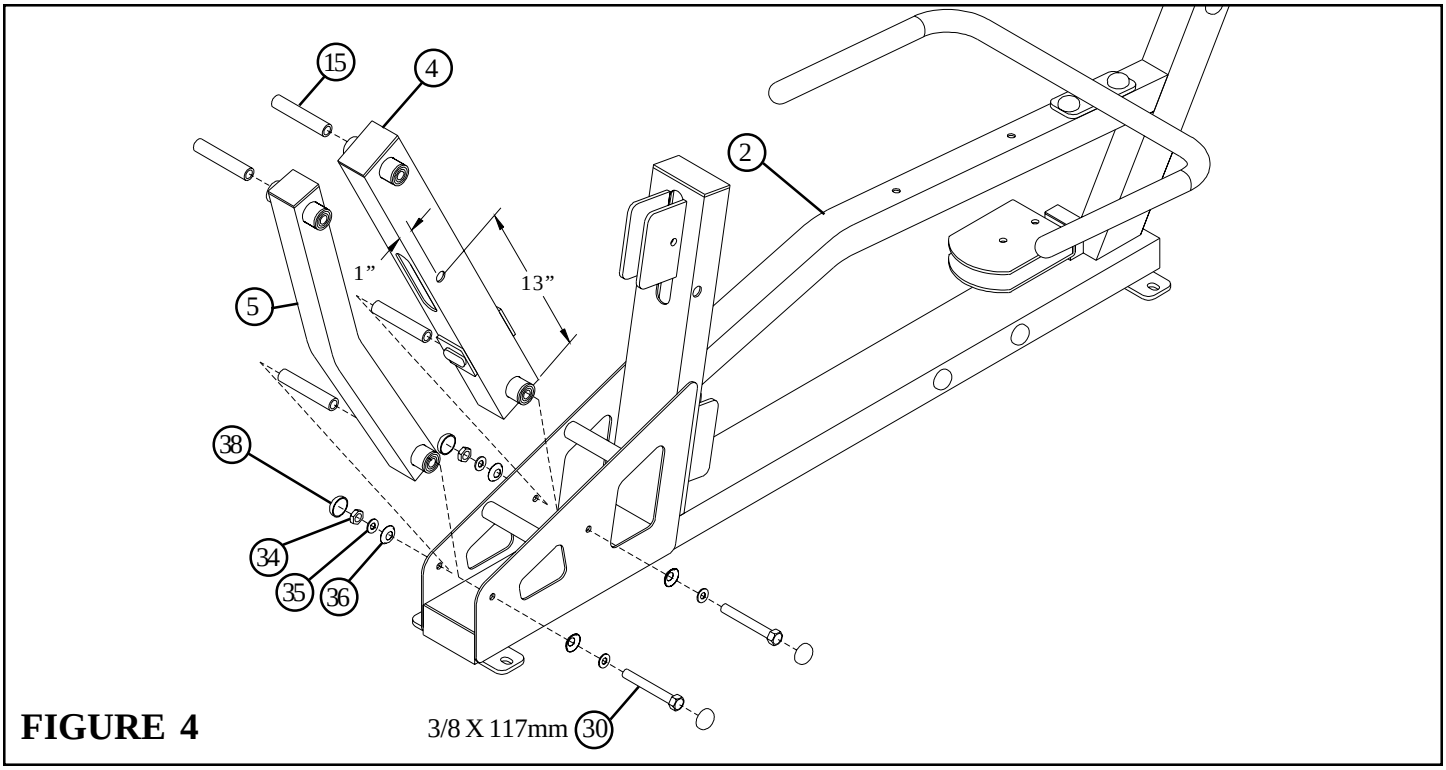


FIGURE 4

STEP 4:

- Assemble four 3/4 X 4" PIVOT SHAFTS (15) to the MAIN & SECONDARY PIVOT ARMS (4 & 5) as shown in FIGURE 4.
- **SECURELY** assemble the MAIN & SECONDARY PIVOT ARMS (4 & 5) to the LEG PRESS FRAME (2) using four RH CAPS (38), two 3/8 X 117mm BOLTS (30), four 3/8" SAE WASHERS (35), four 3/8" RH WASHERS (36) and two 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 4. **(NOTE: Make sure the MAIN PIVOT ARM is assembled as shown.)**

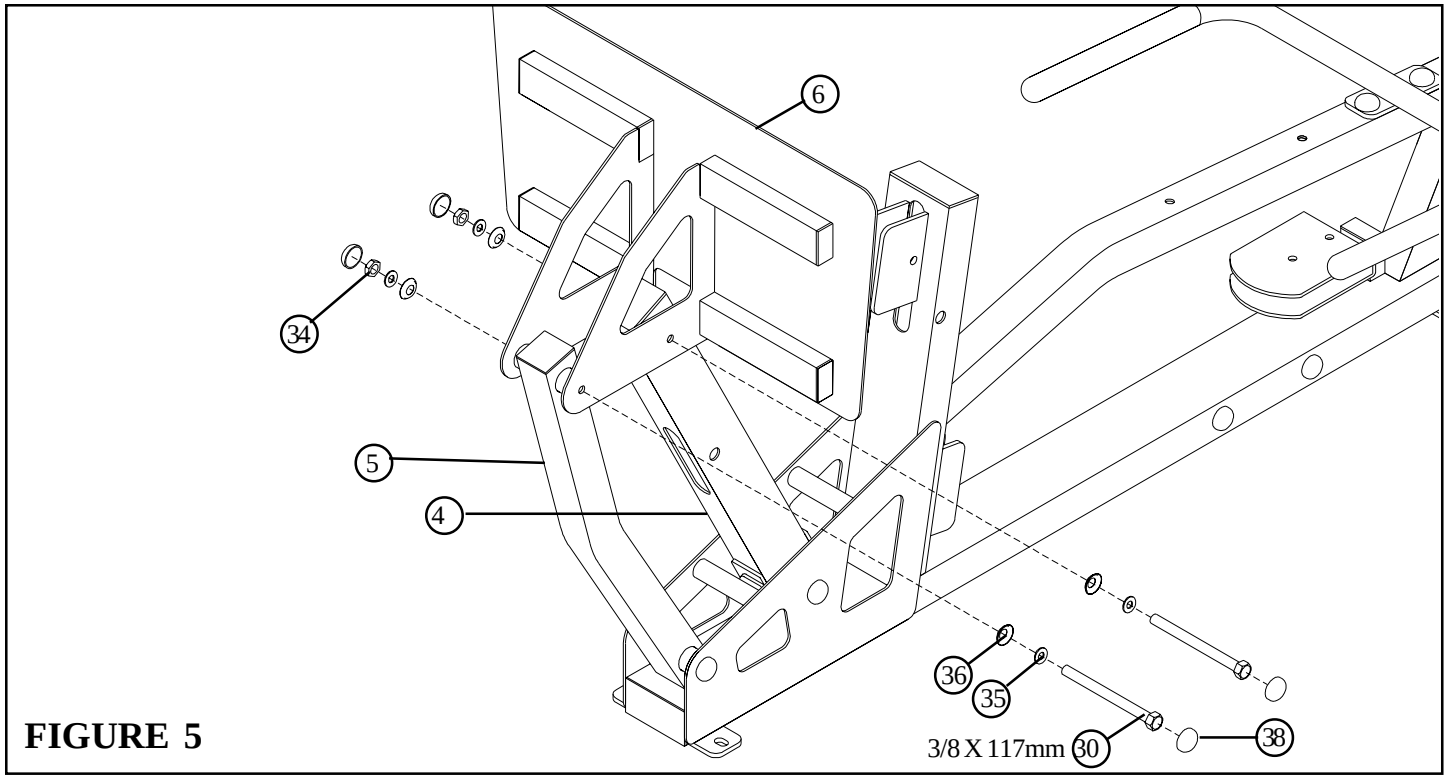


FIGURE 5

STEP 5:

- **SECURELY** assemble the FOOT PLATE (6) to the MAIN & SECONDARY PIVOT ARMS (4 & 5) using four RH CAPS (38), two 3/8 X 117mm BOLTS (30), four 3/8" SAE WASHERS (35), four 3/8" RH WASHERS (36), and two 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 5.

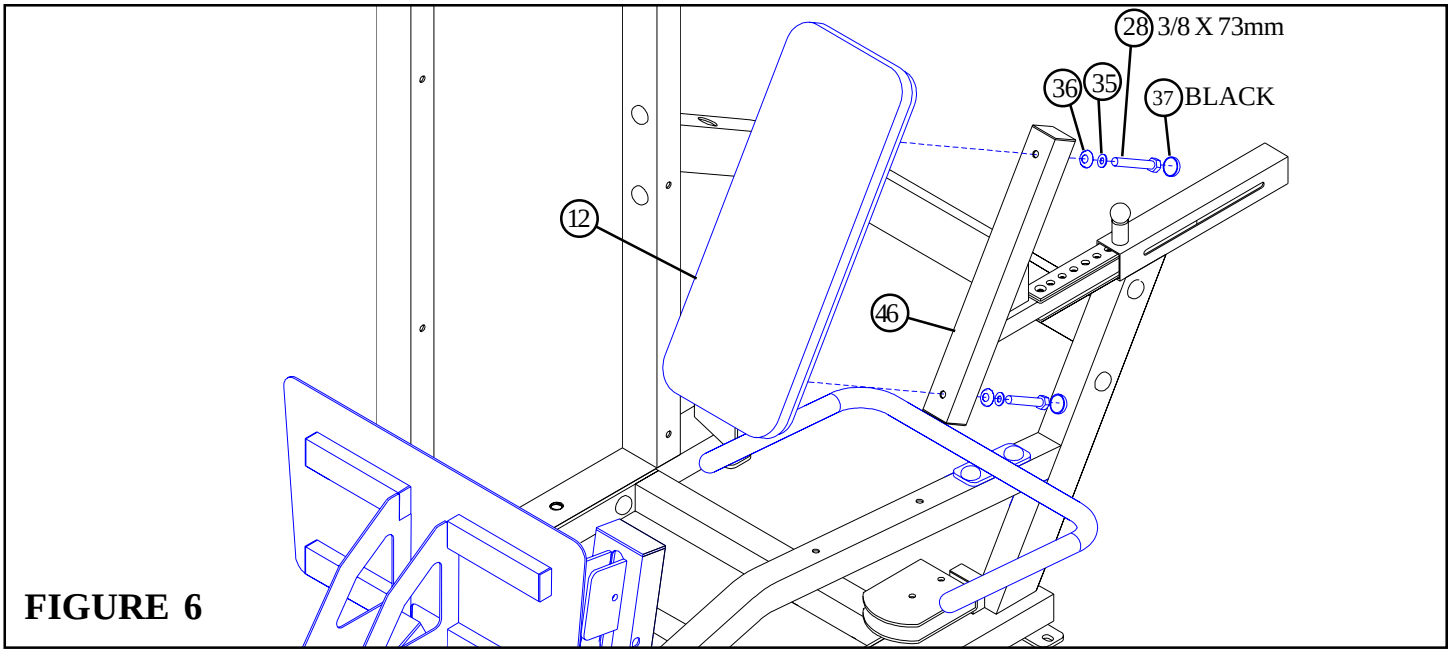


FIGURE 6

STEP 6:

- **SECURELY** assemble the BACK PAD (12) to the BACK PAD ADJUST (46) using two BLACK RH CAPS (37), two 3/8 X 73mm BOLTS (28), two 3/8" SAE WASHERS (35) and two 3/8" RH WASHERS (36) as shown in FIGURE 6.

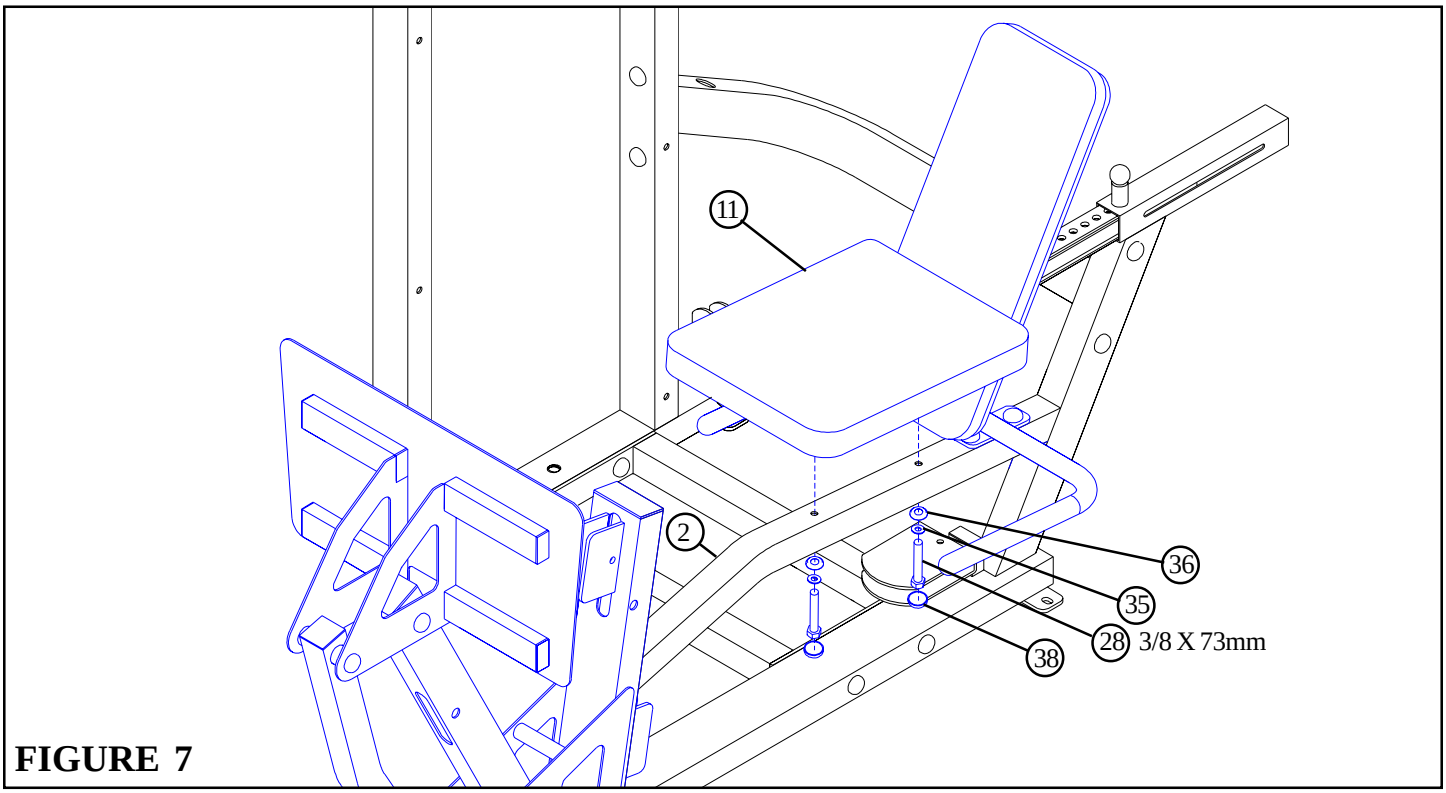


FIGURE 7

STEP 7:

- **SECURELY** assemble the SEAT PAD (11) to the LEG PRESS FRAME (2) using two RH CAPS (38), two 3/8 X 73mm BOLTS (28),two 3/8" SAE WASHERS (35) and two 3/8" RH WASHERS (36) as shown in FIGURE 7.

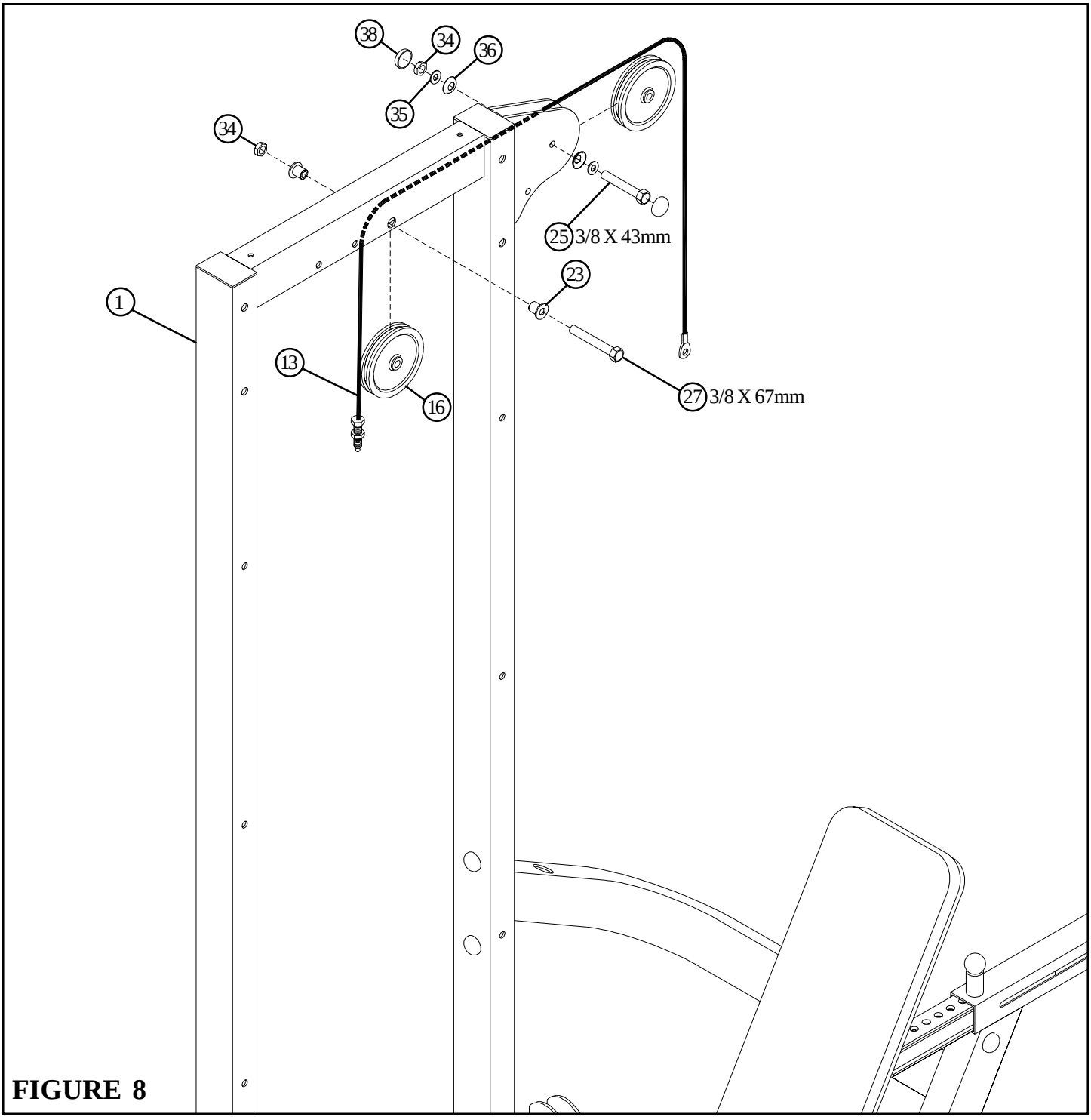
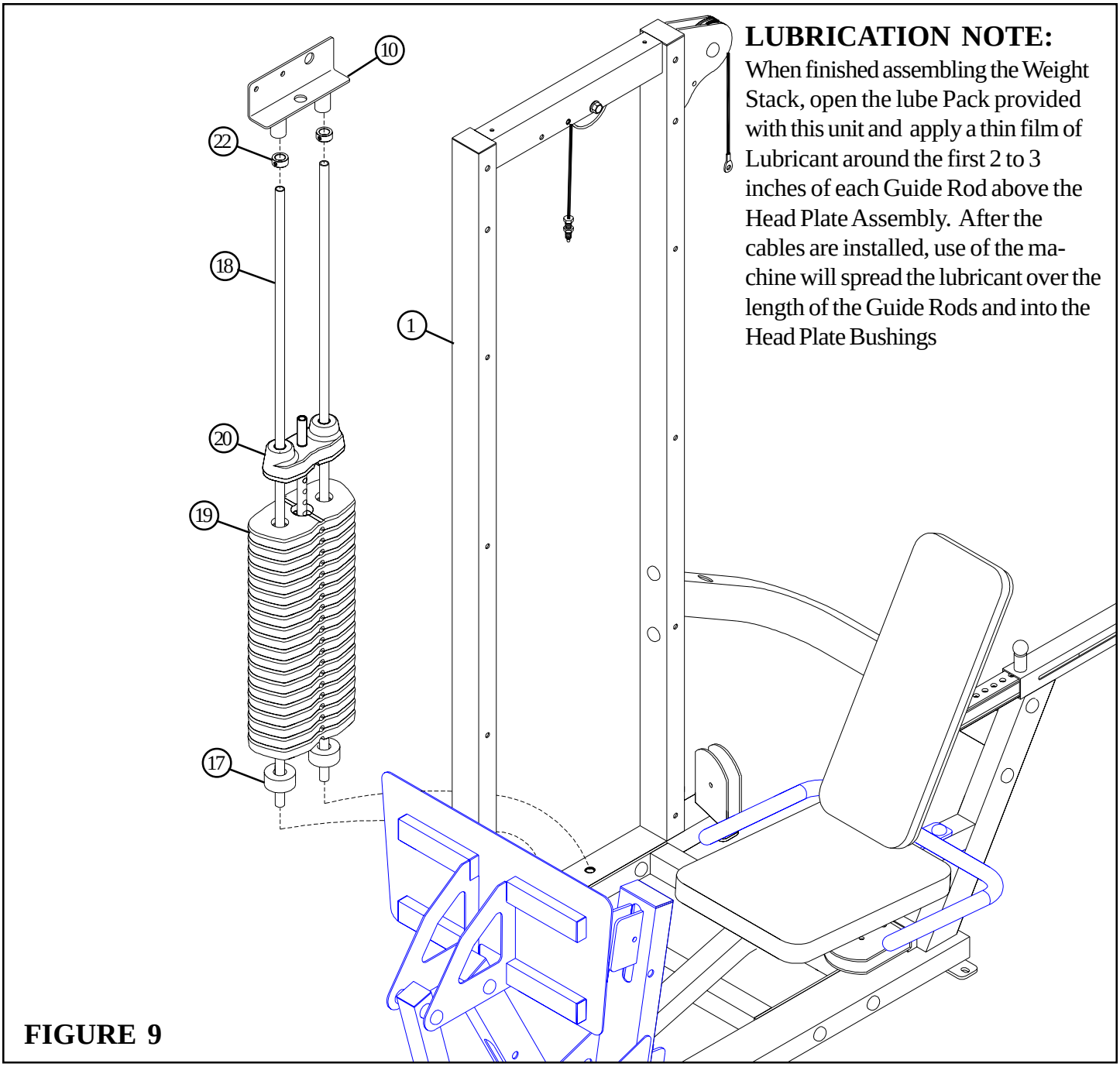


FIGURE 8

STEP 8:

- Route the WEIGHT STACK CABLE (13) through the TOWER (1) as shown, and **SECURELY** assemble one 4-1/2" PULLEY (16) inside the TOWER (1) using one 3/8 X 67mm BOLT (27), two 3/8 X 1/2" FLANGE SPACERS (23) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 8.

- **SECURELY** assemble one 4-1/2" PULLEY (16) between the flats of the TOWER (1) using two RH CAPS (38), one 3/8 X 43mm BOLT (25), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36), and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 8.



LUBRICATION NOTE:
When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate Bushings

FIGURE 9

STEP 9:

- Insert two GUIDE RODS (18) into the TOWER (1) as shown on FIGURE 9.
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (17) down over the GUIDE RODS (18) as shown in FIGURE 9.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (19) down over the GUIDE RODS (18) on to the WEIGHT STACK CUSHIONS (17). Make sure that the WEIGHT PLATES (19) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (20) down over the GUIDE RODS (18) onto the weight stack as shown in FIGURE 9.
- Slide two 13/16" SHAFT COLLARS (22) and the GUIDE ROD SUPPORT (10) over the GUIDE RODS (18) as shown in FIGURE 9.

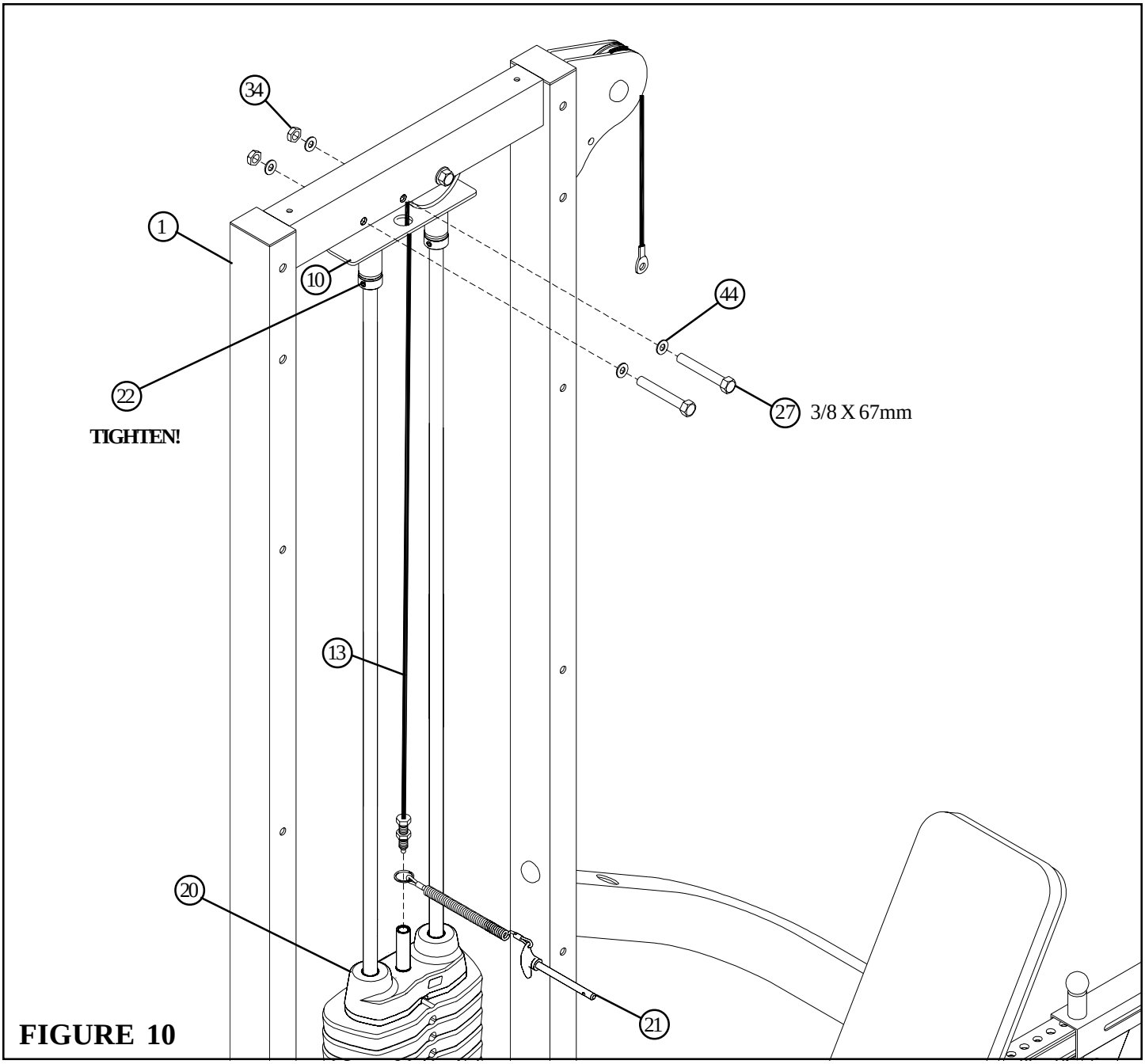


FIGURE 10

STEP 10:

- Route the threaded end of the WEIGHT STACK CABLE (13) through the GUIDE ROD SUPPORT (10) and **SECURELY** assemble the GUIDE ROD SUPPORT (10) to the TOWER (1) using two 3/8 X 67mm BOLTS (27), four 3/8" FLAT WASHERS (44) and two 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 10.
- Slide the 13/16" SHAFT COLLARS (22) up against the GUIDE ROD SUPPORT (10) and **SECURELY** tighten the set screws on the SHAFT COLLARS (22). See FIGURE 10.
- Slide one WEIGHT STACK PIN (21) over the stem on the HEAD PLATE (20) as shown in FIGURE 10.
- **LOOSELY** thread end of the WEIGHT STACK CABLE (13) into the end of the stem on the HEAD PLATE (20). See FIGURE 10. **(NOTE: Cable adjustment will be made in a later step.)**

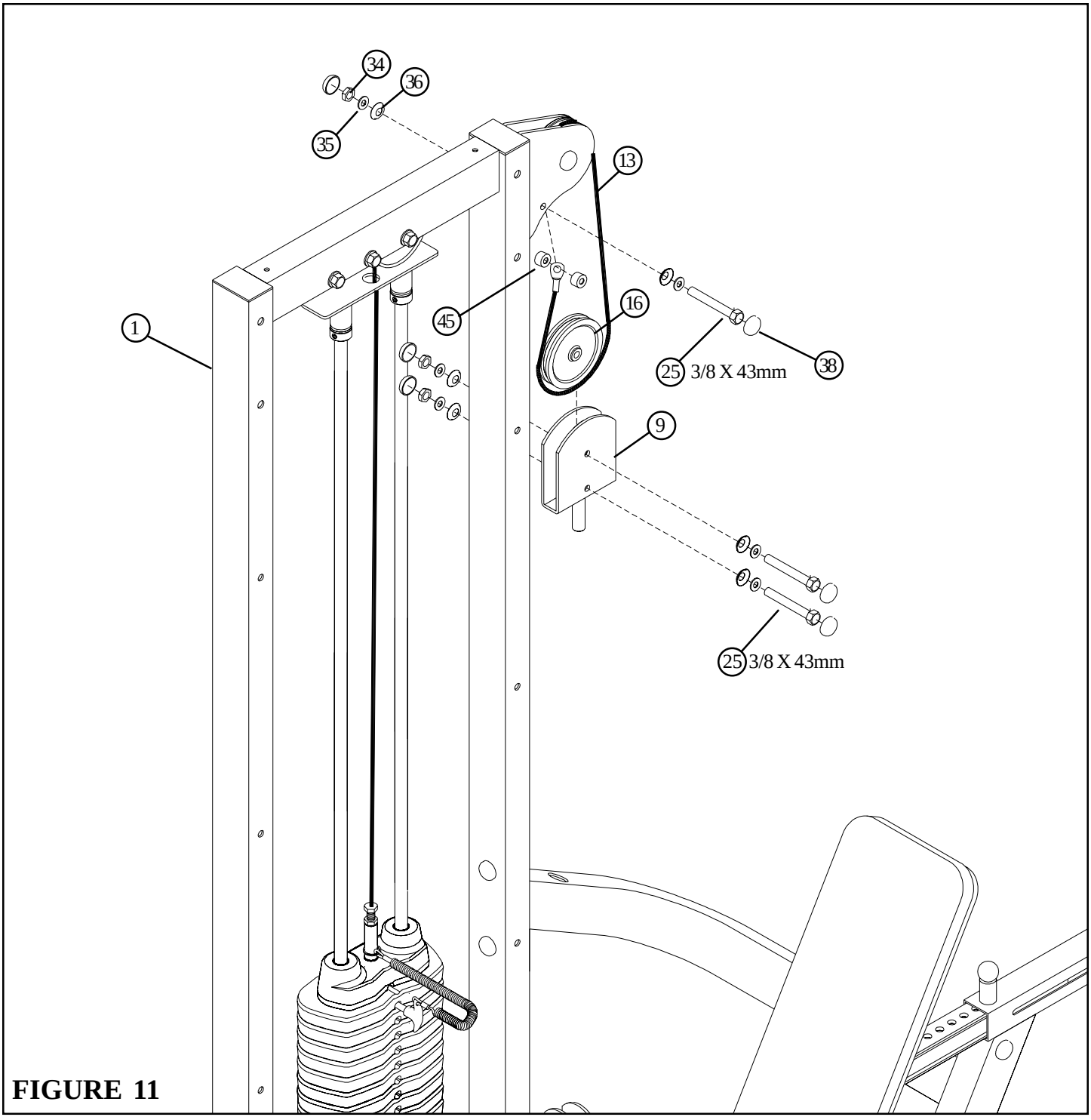


FIGURE 11

STEP 11:

- Route the WEIGHT STACK CABLE (13) around one 4-1/2" PULLEY (16) and **SECURELY** assemble the 4-1/2" PULLEY (16) to the FLOATING PULLEY BRACKET (9) using two 3/8 X 43mm BOLTS (25), four RH CAPS (38), four 3/8" SAE WASHERS (35), four 3/8" RH WASHERS (36), and two 3/8" LOW HEIGHT LOCK NUTS (34) as shown in FIGURE 11.

- **SECURELY** assemble the end of the WEIGHT STACK CABLE (13) between the flats on the TOWER (1) using one 3/8 X 43mm BOLT (25), two RH CAPS (38), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36), two 5/8 X 3/8" SPACERS (45) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 11. **(NOTE: Do not overtighten!)**

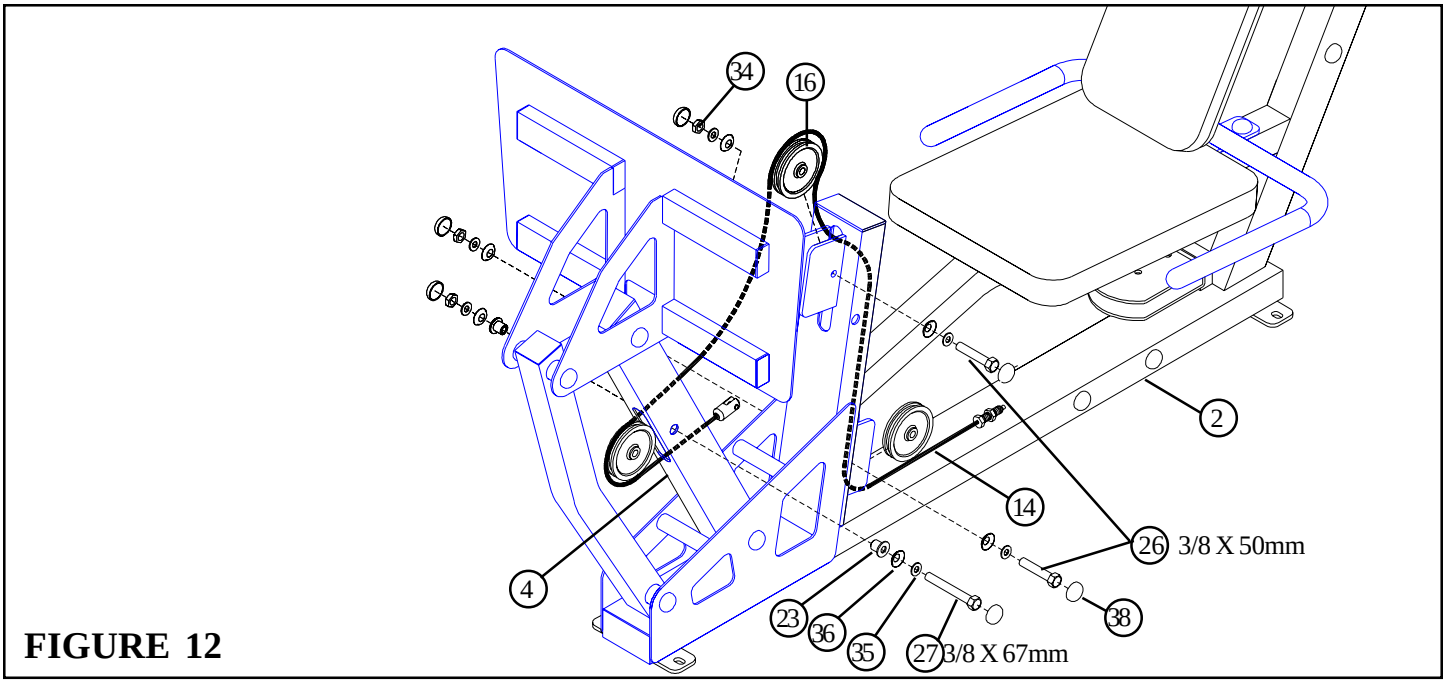


FIGURE 12

STEP 12:

- Route the LEG PRESS CABLE (14) through the MAIN PIVOT ARM (4) as shown, and **SECURELY** assemble one 4-1/2" PULLEY (16) to the MAIN PIVOT ARM (4) using two RH CAPS (38), one 3/8 X 67mm BOLT (27), two 3/8 X 1/2" FLANGE SPACERS (23), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 12.
- Route the LEG PRESS CABLE (14) between the upper BRACKETS and through the tube on the LEG PRESS FRAME (2) as shown, and **SECURELY** assemble one 4-1/2" PULLEY (16) to the BRACKETS using two RH CAPS (38), one 3/8 X 50mm BOLT (26), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 12.
- Route the LEG PRESS CABLE (14) out between the lower BRACKETS on the LEG PRESS FRAME (2) as shown, and **SECURELY** assemble one 4-1/2" PULLEY (16) to the BRACKETS using two RH CAPS (38), one 3/8 X 50mm BOLT (26), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 12.

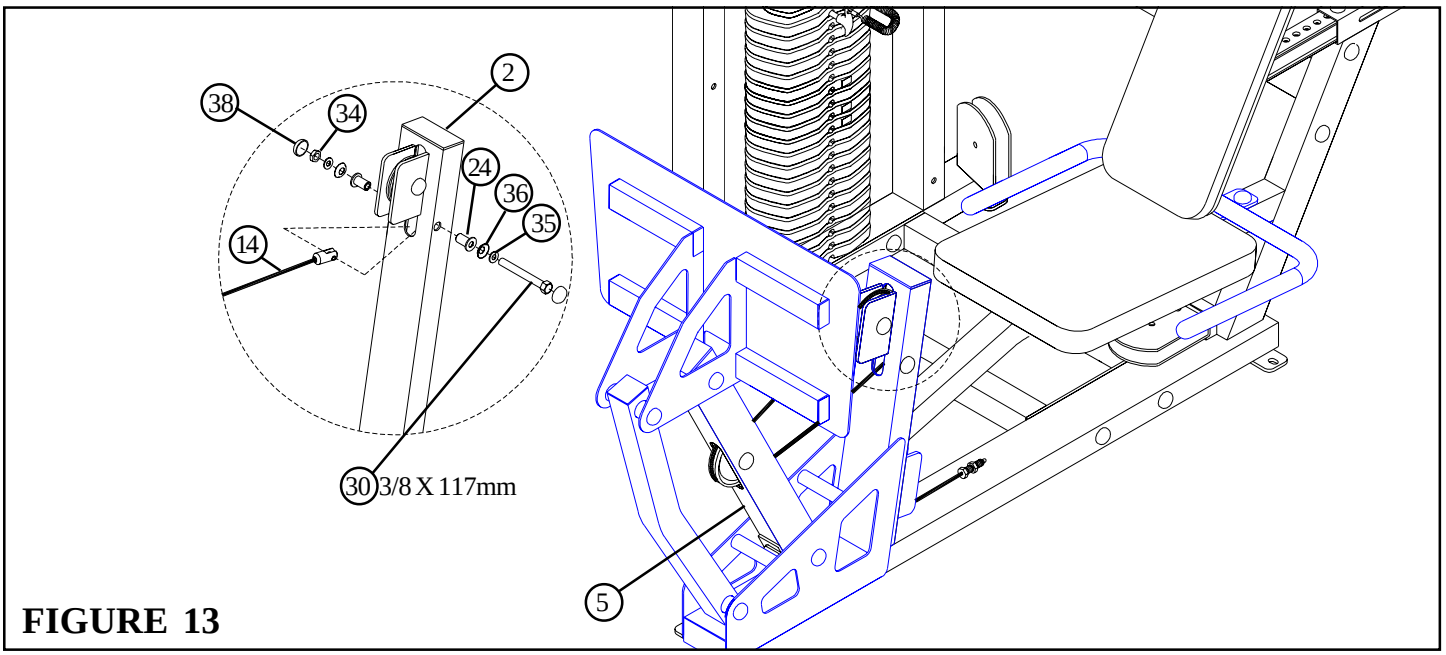


FIGURE 13

STEP 13:

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (14) to the LEG PRESS FRAME (2) as shown, using two RH CAPS (38), one 3/8 X 117mm BOLT (30), two 3/8 X 1-1/2" FLANGE SPACERS (24), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 13.

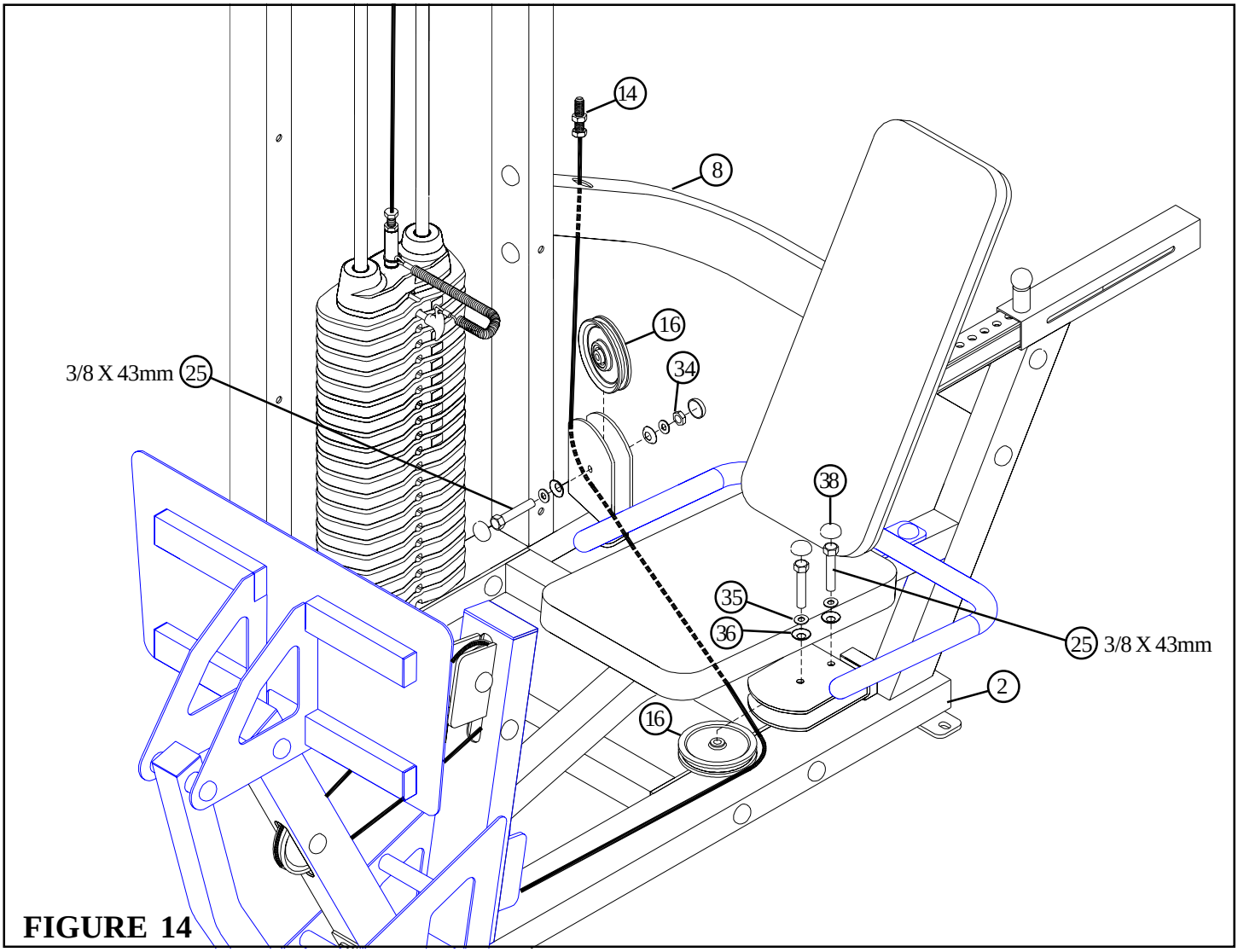


FIGURE 14

STEP 14:

- Route the LEG PRESS CABLE (14) through the horizontal bracket on the LEG PRESS FRAME (2) and **SECURELY** assemble one 4-1/2" PULLEY (16) to the bracket using two RH CAPS (38), two 3/8 X 43mm BOLTS (25), two 3/8" SAE WASHERS (35) and two 3/8" RH WASHERS (36) as shown in FIGURE 14. **(NOTE: Make sure CABLE runs over top of retaining bolt.)**

- Route the LEG PRESS CABLE (14) through the vertical bracket on the TOWER (1) and **SECURELY** assemble one 4-1/2" PULLEY (16) to the bracket using two RH CAPS (38), one 3/8 X 43mm BOLT (25), two 3/8" SAE WASHERS (35), two 3/8" RH WASHERS (36) and one 3/8" LOW HEIGHT LOCK NUT (34) as shown in FIGURE 14. **(NOTE: Make sure CABLE runs over top of retaining pin.)**
- Route the LEG PRESS CABLE (14) through the hole on the UPPER SUPPORT (8) as shown in FIGURE 14.

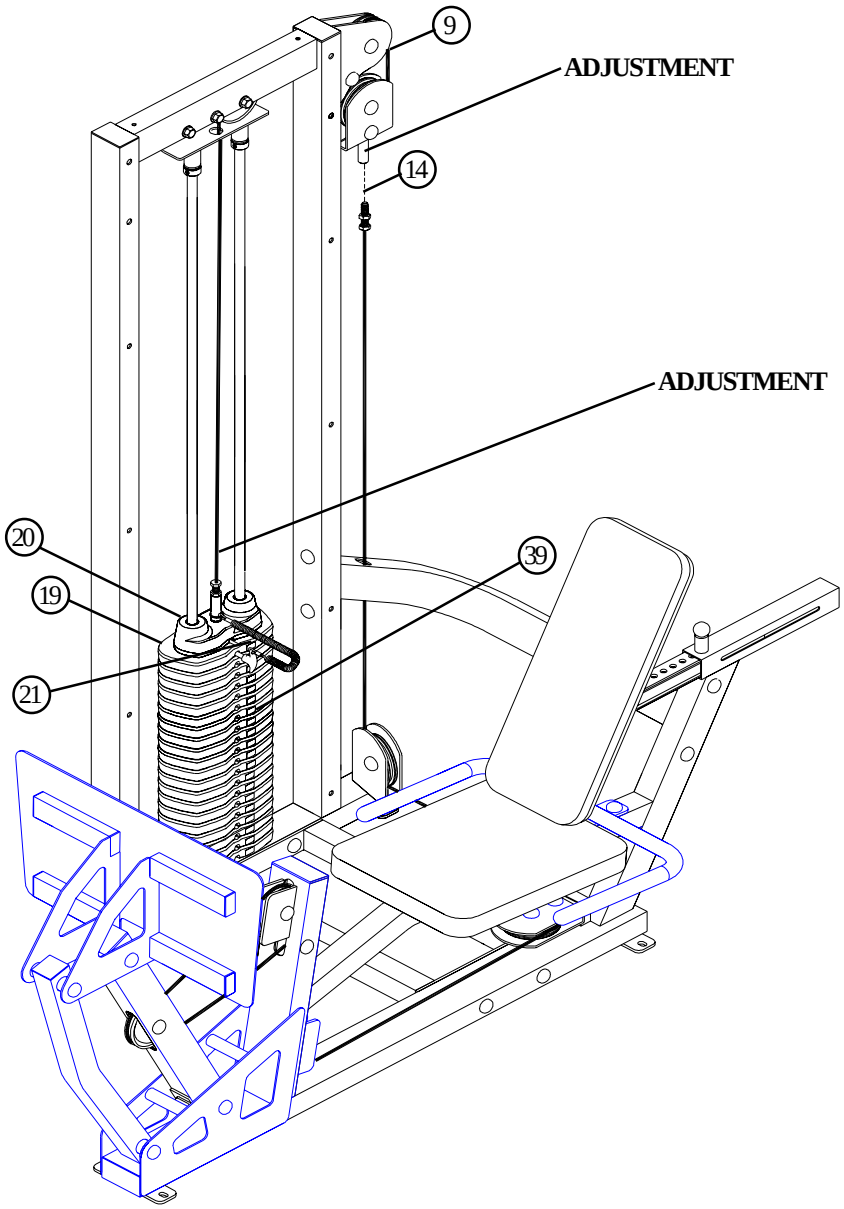
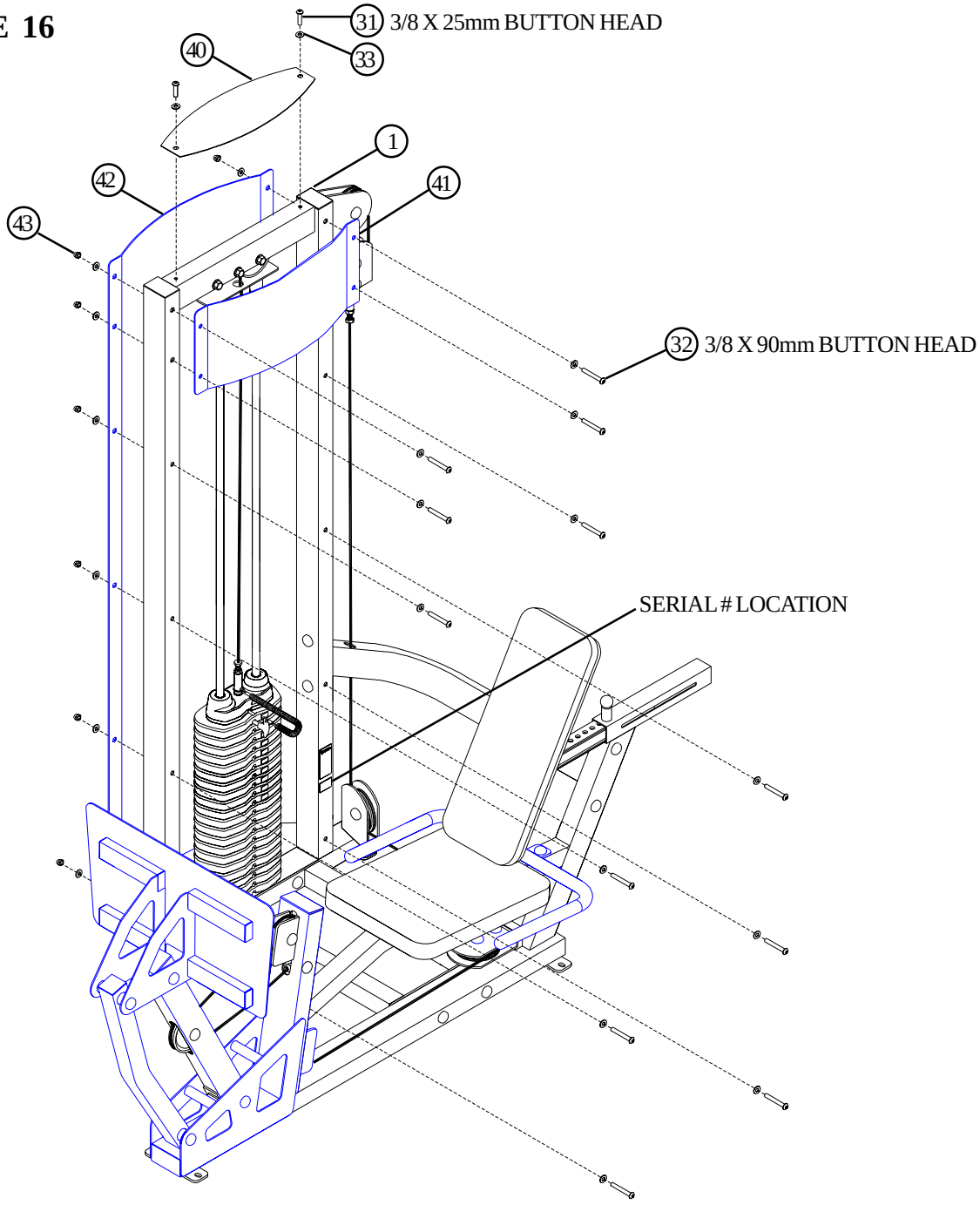


FIGURE 15

STEP 15:

- **LOOSELY** thread end of the LEG PRESS CABLE (14) into the end of the stem on the FLOATING PULLEY BRACKET (9). See FIGURE 15.
- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (20) does not sit on top of the first WEIGHT PLATE (19), push the HEAD PLATE (20) down, insert the WEIGHT STACK PIN (21) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (20) from lifting up. See FIGURE 15.
- If after completing the previous step, the HEAD PLATE (20) still does not sit on top of the first WEIGHT PLATE (19) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (20) and FLOATING PULLEY BRACKET (9) accordingly and retighten the jam nuts. See FIGURE 15.
- For maximum performance, the HEAD PLATE (20) should just barely sit on the top WEIGHT PLATE (19).
- Apply WEIGHT STACK LABELS (39) to WEIGHT PLATES (19) and HEAD PLATE (20) as shown in FIGURE 15. Begin with number one at the HEAD PLATE (20) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 16



STEP 16:

- **SECURELY** assemble the TOP SHROUD (40) to the TOWER (1) using two 3/8 X 25mm BUTTON HEAD BOLTS (31) and two 3/8" BLACK FLAT WASHERS (33) as shown above.
- **SECURELY** assemble the FRONT SHROUD (41) and the REAR SHROUD (42) to the TOWER (1) using twelve 3/8 X 90mm BUTTON HEAD BOLTS (32), twenty-four 3/8" BLACK FLAT WASHERS (33) and twelve 3/8" ACORN NUTS (43) as shown above.

Thank you for purchasing the LifeFitness FIT SERIES LEG PRESS/CALF. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

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